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# Metafora:

## Narratives of Floating and Guided Visualisation

Prologue  
Andante

with intention



February 28, 2019

## **Part 1 \_10am-13:30pm**

Memorial Hall, St Peter's School, Clifton, York, YO30 6AB

9:45 Public arrives at St Peter's School Main Reception  
(Registration. Public is guided to Memorial Hall by student ambassadors)

10:00-10:10 Welcome & Guided Visualisation  
Dr Christina Kolaiti (York St John University) and Nigel Hetherington (Clinical Hypnotherapy Newcastle)

10:10-10:20 Introduction to the project and participants  
Dr Christina Kolaiti: The concept of photographic re-narration

### **First Re-narration: Nigel & Satu**

10:20-10:30 Performance by Dora Frankel (Independent Dance Artist and Founding Artistic Director of Fertile Ground), Dr David Lancaster and Emily Rowan (York St John University). Composition by Dr David Lancaster, Choreography by Dora Frankel.

10:30-10:45 In Conversation: Dr David Lancaster, Emily Rowan, Dora Frankel

### **Break 10:45-10:50**

### **Second Re-narration: Cath & Tony**

10:50-11:05 Cath Mather on Aquatic Therapy & Watsu

11:05-11:10 Christina Kolaiti Benefits and Impact, Video interview: Tony Curry

11:10-11:25 In Conversation Cath Mather, Dr Murphy McCaleb, Dora Frankel

11:25-11:45 Q&A

11:45 Closing morning event

### **11:45-12:15 Break**

(Students guide participants to the pool at 12:15)

12:20 Pool Changing rooms

12:30 Public arrives at the pool and gets seated

12:30-12:40 Watsu Performance by Cath Mather, Richard Bracknall and Kyle Sherwin. Composition by Dr Murphy McCaleb (York St John University)

12:45-13:15 (Optional) Audience participation in the pool and observation.  
[Please bring swimwear]

13:30 Morning event ends and public leaves St' Peters School

(Student ambassadors guide the public to Design Centre Gallery, York St John University)

### **Part 2\_14:30-16:00pm**

Design Centre Gallery, York St John University, York, YO31 7EX

14:30 Exhibition Private View & Performance by Dora Frankel

Drinks, conversations & interaction with artworks

16:00 Closing event

**Lead artist**

Dr Christina Kolaiti (York St John University)

**Project participants and collaborators**

Nigel Hetherington (Clinical Hypnotherapy Newcastle)

Cath Mather (North East Aquatic Therapy)

Tony Curry (Project participant)

Satu (Project participant)

Dora Frankel (Independent Dance Artist and Founding Artistic Director of Fertile Ground)

Dr David Lancaster (York St John University)

Dr Murphy McCaleb (York St John University)

Emily Rowan (York St John University)

Richard Bracknall

Kyle Sherwin

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Dr Christina Kolaiti

Dora Frankel

Dr David Lancaster

Dr Murphy McCaleb

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Facebook page: Metafora: Narratives of Floating and Guided Visualisation

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